

YOUR GUIDE TO AFFORDABLE HEALTH CARE IN VERMONT

SENATOR BERNIE SANDERS

Dear Fellow Vermonter,

The cost of health care is extremely expensive.

Too many Vermonters have no health or dental insurance or their deductibles are too high. Many cannot afford the prescription drugs their doctors prescribe. Others are finding it hard to access affordable specialty care in such areas as women's health, substance abuse and mental health.

The United States is the only major country on earth that does not guarantee health care as a right. While we in Vermont seek to become the first state in the nation to move in that direction, it is important for all Vermonters to know what facilities and programs are available today that provide free or affordable health care. I hope, therefore, you find the information in this newsletter helpful.

Please do not hesitate to call my office at (800) 339-9834 or (802) 862-0697 for more information about access to affordable health and dental care or any other issue where we might be able to help. For a daily update as to what my office is doing, please go to my senate Website at www.sanders.senate.gov.



Sincerely,

A handwritten signature of Bernie Sanders in blue ink.

Senator Bernie Sanders

Earlier this year, Senator Sanders chaired a hearing on the dental crisis in America and the need to expand access to dental care.

WHAT DO I DO IF I DON'T HAVE HEALTH INSURANCE?

In 2010, roughly 57,000 Vermonters did not have any form of health insurance. This is almost one in ten of our neighbors across the state. Fortunately, there are a number of programs that help Vermonters who do not have insurance or access to quality healthcare.

Vermonters have come together to decide that no child should go without health insurance. The Dr. Dynasaur program, run by the state, provides high quality health insurance to children in Vermont at little or no cost, depending on your family's income. This insurance includes coverage for dental, vision, prescriptions and mental health care.

The State of Vermont also offers programs to help

uninsured adults. The Vermont Health Access Plan provides affordable health insurance to Vermonters who meet certain income guidelines, and have been uninsured for a year or more with exceptions for people who lost their health insurance due to job loss or family changes. The Healthy Vermonters program provides discounts on prescription medications to uninsured Vermonters according to income as well.

If you have any questions about these programs, Green Mountain Care can be contacted at (800) 250-8427, or at greenmountaincare.org. In addition, please feel free to contact my office toll free at (800) 339-9834.

COMMUNITY HEALTH CENTERS

If you are looking for a doctor for yourself or your family, it is likely that a community health center may be located near where you live. Federally Qualified Health Centers (FQHCs) provide a range of very important services, including pediatric care, preventative healthcare, mental health services, health screenings, and management of chronic illnesses like diabetes, heart disease, asthma and cancer. Community health centers are also very affordable, and accept Medicare, Medicaid, military insurance and private insurance. Vermonters who don't have insurance can pay on a sliding scale according to their income.

FQHCs are currently operating in the following cities and towns throughout Vermont. Please call my office toll free at (800) 339-9834, and a member of my staff will put you in touch with a health center in your area.

Caledonia County

Northern Counties Health Care

- Danville Health Center
- Hardwick Area Health Center
- Caledonia Internal Medicine
- St. Johnsbury Family Health Center

Chittenden County

Community Health Centers of Burlington

- Riverside Health Center (Burlington)
- Safe Harbor Health Center (Burlington)
- Pearl Street Youth Health Center (Burlington)

Essex County

Northern Counties Health Care

- Concord Health Center
- Island Pond Health and Dental Center

Franklin County

Northern Tier Center for Health (NOTCH)

- Enosburg Health Center
- Richford Health Center
- St. Albans Health Center
- Swanton Health Center

Grand Isle County

Northern Tier Center for Health (NOTCH)

- Alburg Health Center

Lamoille County

Community Health Services of Lamoille Valley

- Morrisville Family Health Center
- Women's Center (Morrisville)
- Stowe Family Practice
- Behavioral Medicine (Morrisville)

Orange County

Little Rivers Health Care

- LRHC at Bradford
- LRHC at East Corinth
- LRHC at Wells River

Rutland County

Community Health Center of the Rutland Region

- Brandon Internal Medicine
- Castleton Family Health Center (Bomoseen)
- CHCRR Pediatrics (Rutland)
- Commons Street Health Center (Rutland)
- Mettowee Valley Family Health Center (West Pawlet)

Washington County

The Health Center

- The Health Center in Plainfield
- Cabot Health Services (located in Cabot School)

Windham County

Springfield Medical Care Systems, Inc.

- Rockingham Medical Group (Bellows Falls)

Windsor County

Springfield Medical Care Systems, Inc.

- Chester Family Medicine
- The Ludlow Health Center
- Family Medicine Associates (Springfield)
- Ridgewood Associated in Internal Medicine (Springfield)
- Springfield Internal Medicine
- Springfield Pediatric Networks
- The Women's Health Center of Springfield

In late 2010, Senator Sanders helped to break ground on a major renovation at a community health center in Burlington.



DENTAL CARE

Regular dental care is also essential to maintaining health for children and adults. Despite the soaring cost of dental care, more than 130 million Americans do not have dental insurance. Dental care is about more than just a nice smile. Every year, millions of Americans get serious infections in their teeth that could have been prevented through basic dental care.

Over the last six years, six new FQHC dental

clinics have opened in Vermont, and more than 25,000 Vermonters now utilize these centers. FQHC dental clinics accept Medicaid and private insurance, and allow other patients to pay on a sliding scale depending on their income.

Today, there are 10 FQHC dental clinics throughout Vermont. Please call my office toll free at (800) 339-9834, and a member of my staff will help you find dental clinic in your area.



Caledonia County

Northern Counties Health Care

- Northern Counties Dental Center (Hardwick)

Chittenden County

Community Health Centers of Burlington

- CHC of Burlington

Essex County

Northern Counties Health Care

- Island Pond Health and Dental Center

Franklin County

Northern Tier Center for Health

- Richford Dental Clinic
- Swanton Dental Clinic

Lamoille County

Community Health Services of the Lamoille Valley

- Community Dental Clinic (Morrisville)

Rutland County

Community Health Center of the Rutland Region

- Community Dental Clinic (Rutland)

Washington County

The Health Center

- The Health Center in Plainfield

Windsor County

Springfield Medical Care Systems

- The Ludlow Dental Center

Statewide

- Ronald McDonald Dental Care Mobile

WOMEN’S HEALTH CARE

Vermont is leading the way in the effort to ensure that all women have access to essential preventive healthcare regardless of income. The State of Vermont’s Ladies First program provides funding for mammograms, pelvic exams, pap tests, ultrasounds, biopsies and other essential health services. Doctors all over Vermont participate in the program, and rides are available for people

who do not have transportation.

If you are interested in participating in this innovative program or have questions about it, **call the State of Vermont’s Ladies First program at (800) 508-2222**, or please feel free to call my office at (800) 339-9834, and my staff will be happy to put you in contact with the program.

SUBSTANCE ABUSE

Every day, individuals and families across Vermont struggle with alcohol and substance abuse. Fortunately, seeking treatment does not have the stigma it once did, and there are a variety of different options all over Vermont.

Alcohol and substance impacts people regardless of age, sex, education level or what they do for a living. Accordingly, there is a wide variety of treatment options available. If you or a family member is struggling with substance abuse, please contact your doctor. **If you would like contact information for treatment centers in your area, please call the State of Vermont at (802) 651-1550 or feel free to contact my office toll free at (800) 339-9834.**



Bernie will send you an email update providing you with a fresh perspective on events as only he can. Go to sanders.senate.gov to sign up.

